

dublin doings

Quarterly Newsletter of the Dublin Senior Center

WHAT'S HAPPENING *at the Senior Center* SUMMER 2016



City of Dublin Senior Center
7600 Amador Valley Blvd.
Dublin, California 94568
(925) 556-4511

www.DublinSeniorCenter.com
www.DublinRecGuide.com
www.Dublin.ca.gov
seniorctr@dublin.ca.gov

Business Hours

Mon–Fri: 9:00 AM–4:00 PM
Sat: 8:30 AM–12:00 PM

Make checks payable to the City of Dublin for most activities unless otherwise stated.

Register for classes online at www.DublinRecGuide.com using activity codes listed. Call (925) 556-4511 for assistance.



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CITY OF DUBLIN

FARMERS' MARKET

GET FRESH IN OUR NEW AMERICAN BACKYARD

THURSDAYS, APRIL 14 TO SEPTEMBER 22
EMERALD GLEN PARK
4:00 - 8:00 PM

For the freshest in California-grown produce, plus...
Music & Entertainment
Wine & Beer Tastings
Cooking Demonstrations
Children's Games & Activities

CONCERTS AT THE FARMERS' MARKET

May 5	• Rebel Yell
June 2	• Ruckatan
July 7	• Aja Vu
August 4	• OTR
September 1	• East Bay Mudd



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SENIORS

ACTIVITIES & SERVICES

Dublin Senior Center

7600 Amador Valley Blvd.
(925) 556-4511
www.dublinseniorcenter.com
seniorctr@dublin.ca.gov

Hours

Monday through Friday, 9:00 AM – 4:00 PM

Saturday, 8:30 AM – 12:00 PM

Except...

The Senior Center will be closed on the following days:

Independence Day – **Monday, July 4**

Labor Day – **Monday, September 5**

Welcome!

Our Senior Center allows patrons to feel active and youthful when they participate in the various activities and events offered here. There is always a friendly person to greet you as you enter. Once inside, join friends for a dance class or one of the many games, express yourself in an art class, or maintain a healthy body, mind and spirit through exercise classes. This is the best meeting place for "rewarding friendships, intriguing activities and a lifestyle of possibilities."

Be a Senior Center Volunteer

WANTED: Individuals with friendly personalities who enjoy helping others. Be a greeter, an office or kitchen assistant, or share your expertise as a volunteer teacher or lecturer. Please pick up an application or class proposal from the Center's front desk, or online at www.DublinSeniorCenter.com.



Be a Senior Center Supporter

Your yearly fee is put to good use, allowing the Center to offer a wide variety of affordable programs for older adults. As a special thank you, supporters will be mailed the newsletter, *Dublin Doings*.

Yearly Fee \$10; \$1 discount for Dublin Residents

Dine at The Shamrock Café

Monday to Friday, 11:30 AM-12:15 PM*

The Center's cafe is not only healthy and affordable, it also gives diners a chance to visit with other friendly people at a table of their choice. Caregivers and drop-ins are always welcome. The suggested donation is \$3 per meal. Annual registration is required. Meals are provided by Open Heart Kitchen, in cooperation with the Area Agency on Aging of Alameda County, and the City of Dublin. Soup, salad, beverage and dessert are served with every entree. Monthly menus are posted at www.dublinseniorcenter.com, or at the Center's front desk.

** Cafe closed 7/4 and 9/5 due to the holiday closure*



DANCE

Ballroom

Enjoy various ballroom dance styles, with new ones added each month. Prior experience and partners are not necessary.

Instructor: Bill Blankenship

Beginner Ballroom

50 Years+

Dublin Senior Center

Quick Step

4 Classes \$24 Res/\$29 Non-Res

Tue 6/7-6/28 2:15-3:45 PM Activity #39344

Samba

4 Classes \$24 Res/\$29 Non-Res

Tue 7/5-7/26 2:15-3:45 PM Activity #39345

Tango

5 Classes \$30 Res/\$36 Non-Res

Tue 8/2-8/30 2:15-3:45 PM Activity #39346

East Coast Swing

4 Classes \$24 Res/\$29 Non-Res

Tue 9/6-9/27 2:15-3:45 PM Activity #39350

Level II Basic Ballroom

21 Years+

Dublin Senior Center

Cha Cha

5 Classes \$35 Res/\$42 Non-Res

Thu 6/2-6/30 7:25-8:25 PM Activity #39348

Bolero

4 Classes \$28 Res/\$33.75 Non-Res

Thu 7/7-7/28 7:25-8:25 PM Activity #39349

Waltz

4 Classes \$28 Res/\$33.75 Non-Res

Thu 8/4-8/25 7:25-8:25 PM Activity #39347

Tango

5 Classes \$35 Res/\$42 Non-Res

Thu 9/1-9/29 7:25-8:25 PM Activity #39351

BALLROOM

social

with DJ Bill Blankenship

At the
Dublin Senior Center

Fridays:

June 24,

July 29,

August 26,

September 30,

1:30-4:00 PM

All types of ballroom social dance music are played, and dancers of all levels welcome. Dance lessons included. Includes light refreshments.

50 Years+

\$6 Drop-in fee



Line Dance

Get in line, listen to the beat of the music and start dancing. Partners not needed.

50 Years+

Dublin Senior Center

Beginning

Instructor: Lynn Woods

\$2 Drop-in

Thu, ongoing 10:15-11:15 AM

Beginning/Intermediate

Instructor: Rosa Chan

\$4 Drop-in; effective 6/4

Tue, ongoing 10:00-11:00 AM

Easy Intermediate

Instructor: Millie Dusha

\$4 Drop-in

Thu, ongoing 2:00-4:00 PM

Intermediate

Instructor: Millie Dusha

\$4 Drop-in

Mon, ongoing* 1:00-2:45 PM

**no class 5/30, 7/4 & 9/5*

Intermediate Line Dance Social

Enjoy intermediate level line dancing in a social setting.

Leader: Karen Hong

50 Years+ \$2 Drop-in

Dublin Senior Center

Fri, ongoing 10:00-11:00 AM

The Mills

**LINE DANCE SOCIAL
EVERY FIRST THURSDAY, 2-4 PM**

DJ Millie Dusha plays classic and contemporary line dance music to get you in the mood to dance. All levels are welcome to join the fun!

\$4/Drop-in fee

FITNESS & WELLNESS

Balance, Agility & Strength

Simple movements are used to strengthen the body's core (abs and back) and cardiovascular system (heart and lungs). Stand or use a chair, no floor exercises.

Instructor: Robin Weiss

50 Years+

Dublin Senior Center

3 Classes \$15 Res/\$18 Non-Res

Mon 7/11-7/25 10:00-10:45 AM Activity #39536

Mon 9/12-9/26 10:00-10:45 AM Activity #39530

4 Classes \$20 Res/\$24 Non-Res

Mon 6/6-6/27 10:00-10:45 AM Activity #39535

Wed 7/6-7/27 10:00-10:45 AM Activity #39533

Wed 9/7-9/28 10:00-10:45 AM Activity #39528

5 Classes \$25 Res/\$30 Non-Res

Wed 6/1-6/29 10:00-10:45 AM Activity #39532

Mon 8/1-8/29 10:00-10:45 AM Activity #39537

Wed 8/3-8/31 10:00-10:45 AM Activity #39534

NEW! Seniorobics

Get moving to original music from the 1940s to 1970s. Low-impact exercises, followed by muscle conditioning, balance and stretch.

Instructor: Debbie Fallon

50 Years+

Dublin Senior Center

3 Classes \$15 Res/\$18 Non-Res

Mon 7/11-7/25 10:00-11:00 AM Activity #46037

5 Classes \$25 Res/\$30 Non-Res

Mon 8/1-8/29 10:00-11:00 AM Activity #46038

NEW! Chair Aerobics

Just because you use a cane, walker, or wheelchair, doesn't mean you can't have a healthy heart! While seated, move aerobically to fun music from the good ol' days. Equipment provided.

Instructor: Debbie Fallon

50 Years+

Dublin Senior Center

4 Classes \$20 Res/\$24 Non-Res

Tue 7/5-7/26 4:00-4:45 PM Activity #46047

5 Classes \$25 Res/\$30 Non-Res

Tue 8/2-8/30 4:00-4:45 PM Activity #46048



Gentle Yoga

Simple poses release tension, facilitate stability and improve posture. Optional chair exercises available.

Instructor: Jim Stulman

50 Years+

Dublin Senior Center

5 Classes \$20 Res/\$24 Non-Res

Wed 6/1-6/29 5:30-6:30 PM Activity #39543

Wed 8/3-8/31 5:30-6:30 PM Activity #39545

4 Classes \$16 Res/\$20 Non-Res

Wed 7/6-7/20 5:30-6:30 PM Activity #39544

Wed 9/7-9/28 5:30-6:30 PM Activity #39546

Gentle Yoga II

Increase your flexibility and body awareness as you do basic yoga poses.

Instructor: Caran Ruga

50 Years+

Dublin Senior Center

4 Classes \$16 Res/\$20 Non-Res

Tue 6/7-6/28 10:30-11:30 AM Activity #39698

Tue 7/5-7/26 10:30-11:30 AM Activity #39699

Tue 9/6-9/27 10:30-11:30 AM Activity #39701

5 Classes \$20 Res/\$24 Non-Res

Tue 8/2-8/30 10:30-11:30 AM Activity #39700

Healing Yoga

Promote a healthy body while decreasing stress and anxiety using techniques, including stretching, strength and balance exercises, breathing and meditation. Postures are adapted for chair sitting as needed; suitable for seniors of all ages. Yoga mat required.

Instructor: Anne Cavazos

40 Years+ \$5 Drop-in

Dublin Senior Center*

Thu, ongoing 12:30-1:30 PM

* 5/26 class location TBA, call Senior Center for more info

NEW! Yoga with Meditation

Release tension and stress by doing yoga poses (asans), breathing exercise (paranayam) and meditation.

4 Classes *Instructor: Dr. Narendra Tilavat*

50 Years+ \$16 Res/\$20 Non-Res

Dublin Senior Center

Fri 7/8-7/29 3:00-4:00 PM Activity #46033

Fri 8/5-8/26 3:00-4:00 PM Activity #46034

Fri 9/9-9/30 3:00-4:00 PM Activity #46035

Chair Pilates

Improve everyday movements, sitting, standing and walking, by applying Pilates principles. Schedule tentative, dates, and fees subject to change.

Instructor: M. Valentin

50 Years+

Dublin Senior Center

4 Classes \$22 Res/\$26.50 Non-Res

Mon 6/6-6/27 3:00-3:45 PM Activity #39383

3 Classes \$16.50 Res/\$20 Non-Res

Mon 7/11-7/25 3:00-3:45 PM Activity #39384

Mon 9/12-9/26 3:00-3:45 PM Activity #39386

5 Classes \$27.50 Res/\$33 Non-Res

Mon 8/1-8/29 3:00-3:45 PM Activity #39385





Tai Chi Chuan

Warm up with Qi (Chi) Gong and learn a different tai chi form each week.

Instructor: John Deng

50 Years+

Dublin Senior Center

Beginners—24 Forms

3 Classes \$12 Res/\$14.50 Non-Res

Fri 6/3-6/17 1:00-2:00 PM Activity #39475

Fri 8/5-8/19 1:00-2:00 PM Activity #39477

4 Classes \$16 Res/\$19.25 Non-Res

Fri 7/1-7/22 1:00-2:00 PM Activity #39476

Fri 9/2-9/23 1:00-2:00 PM Activity #39480

Beginners II for Continuing Students—24 Forms

4 Classes \$16 Res/\$19.25 Non-Res

Sat 6/4-6/25 9:45-10:45 AM Activity #39469

Sat 7/2-7/23 9:45-10:45 AM Activity #39470

Sat 8/6-8/27 9:45-10:45 AM Activity #39471

Sat 9/3-9/24 9:45-10:45 AM Activity #39478

4 Classes \$16 Res/\$19.25 Non-Res

Tue 6/7-6/28 1:00-2:00 PM Activity #39472

Tue 7/5-7/26 1:00-2:00 PM Activity #39473

Tue 9/6-9/27 1:00-2:00 PM Activity #39479

5 Classes \$20 Res/\$24 Non-Res

Tue 8/2-8/30 1:00-2:00 PM Activity #39474

Tai Chi Chuan Practice Session

Class designed to practice Qi (Chi) Gong and basic forms for students currently enrolled in Tai Chi Chuan classes.

Led by peer coordinators

50 Years+ \$2 Drop-in

Dublin Senior Center

Thu, ongoing 9:00-10:00 AM

Jazzercise®

Jazzercise is a calorie-torching, hip-swiveling, dance party workout to put your abs to the test, with a hot playlist to distract you from the burn. Our classes – Dance Mixx, Interval, Fusion, Core, Strike, and Strength – will leave you breathless, toned and coming back for more. Mat and hand weights required. Contact Barbara Van Trease at (925) 447-8890 for class information or visit www.jazzercise.com for new student offers and pricing.

18 Years+

Mon, Tue, Wed, Fri, Sat & Sun 8:30-9:30 AM

Mon & Wed 5:30-6:30 PM

Tue & Thu 6:00-7:00 PM

Path Wanderers

Walk trails that are 2-3 miles, local and level. A current monthly schedule is available. First-timers must turn in a completed emergency form and liability release before participating. Contact Senior Center to be added to interest list.

Peer Leader: Larry Nova

50 Years+ Free

Location TBA

Thu, ongoing 9:00-11:00 AM

Tri-Valley Trail Trekkers

Trek 4-6 miles on East Bay trails or parks. First-timers must email hikedirector@gmail.com at least one week prior to obtain weekly schedule. All participants must complete a registration form and liability release before participating.

Peer Leader: Helen Coleman

50 Years+ \$2 Drop-in fee

Dublin Senior Center

Tue, ongoing 8:45-9:00 AM



ART & MUSIC

Acrylics

Instruction for beginner and intermediate artists who would like to learn or brush up on form, composition and color. Examine techniques and theories behind a master artist's work, then create an original work based on that artist's style.

3 Classes Instructor: Arthur Scott King

50 Years+ \$24 Res/\$29 Non-Res

Dublin Senior Center

Figurative Art I

Survey of style and technique of first generation figurative artists.

Sat 6/4-6/18 9:00 AM-12:00 PM Activity #40752

Figurative Art II

Survey of style and technique of middle generation figurative artists.

Sat 7/9-7/23 9:00 AM-12:00 PM Activity #40753

Figurative Art III

Survey of style and technique of second and final generation figurative artists.

Sat 8/6-8/20 9:00 AM-12:00 PM Activity #40754

Watercolor

Drop-in watercolor artists, at all levels, may work on their own projects and help critique each other's work.

50 Years+ \$2 Drop-in

Dublin Senior Center

Fri 6/10-8/19* 9:30 AM-12:00 PM

*no class 7/1 & 7/29

Art for All Media

Work independently on personal art projects in the company of fellow artists. All levels of creativity are welcome.

50 Years+ \$2 Drop-in

Dublin Senior Center

Wed, ongoing 12:30-3:30 PM



Connect to seniorwireless for FREE.
user name & password: wifi



Blankets for Vets

Join this thoughtful group of caring individuals who make blankets for our veterans. Bring your own knitting and crochet needles. Donations of needles and yarn are appreciated.

Peer Leader: Eva Lim

50 Years+ Drop-in; \$2 suggested donation

Dublin Senior Center

Wed, ongoing 1:00-3:30 PM

Knitting Social

Knit baby hats with fellow Mad Hatters and donate to local agencies.

Peer Leader: June Hurd

50 Years+ \$2 Drop-in

Dublin Senior Center

Tue 6/21 10:00 AM-12:00 PM

Tue 7/19 10:00 AM-12:00 PM

Tue 8/16 10:00 AM-12:00 PM

Needle Arts Group, Quilting, Sewing

Work on your quilting, sewing, or knitting projects while chatting with a friendly group. Materials not included.

Peer Leader: Linda Schmidt

50 Years+ \$2 Drop-in

Dublin Senior Center

Tue, ongoing 10:00 AM-12:00 PM

Melody Minstrels Jam Session

Bring a personal musical instrument and start jammin' with the group.

Peer Leader: Gary Younse

50 Years+ \$2 Drop-in

Dublin Senior Center

Tue, ongoing 1:00-4:00 PM

Music Lovers Sing-Along

Let your melodious voice join others while singing familiar tunes. No experience necessary.

Peer Leader: Rich Van Tassel

50 Years+ \$2 Drop-in

Dublin Senior Center

Thu, ongoing 10:00-11:30 AM

ENRICHMENT

Discover American Sign Language Workshop

This workshop is open to anyone interested in learning basic American Sign Language (ASL) and Deaf Culture. Participants will learn the ASL alphabet, to finger spell their names and a few every day phrases to use with colleagues, family and friends.

Instructor: Sheila Holmes

21 Years+ \$8 Res/\$10 Non-Res

Dublin Senior Center

Thu 7/14 10:00 AM-12:00 PM Activity #46097

Thu 9/8 10:00 AM-12:00 PM Activity #46098

NEW! American Sign Language: Beginner

Meet and interact with others interested in acquiring basic skills in the American Sign Language alphabet, numbers, and everyday phrases. No prior knowledge necessary.

Instructor: Sheila Holmes

21 Years+

Dublin Senior Center

7 Classes \$35 Res/\$42 Non-Res; plus \$15 materials fee

Thu 5/26-7/7 11:45 AM-12:45 PM Activity #46218

Thu 7/21-9/1 11:45 AM-12:45 PM Activity #46120

8 Classes \$40 Res/\$48 Non-Res; plus \$15 materials fee

Thu 9/15-11/3 11:45 AM-12:45 PM Activity #46121

American Sign Language: Intermediate

Intermediate students will meet and interact with others interested in acquiring basic skills in the American Sign Language alphabet, numbers, and everyday phrases.

8 Classes Instructor: Sheila Holmes

21 Years+ \$57 Res/\$68 Non-Res; plus \$15 materials fee

Dublin Senior Center

Thu 5/26-7/14 1:00-3:00 PM Activity #39328

Thu 7/21-9/8 1:00-3:00 PM Activity #40864

Thu 9/15-11/3 1:00-3:00 PM Activity #40867



Computer One-on-One, by Appointment

Become computer literate, or improve skills using the center's desktop, or bring a personal tablet, laptop or smart phone to work on. Please submit a registration form to reserve a 30-minute one-on-one appointment.

50 Years+ \$3 Res/\$3.50 Non-Res, per appointment

Dublin Senior Center

Thu* 6:00-8:00 PM

* Instructor: Guru Athisenbagam

Wed* 10:00 AM-1:00 PM

* Instructor: Elise Nai

Fri* 9:00-11:00 AM

* Instructor: Zev Kahn

DUBLIN SENIOR CENTER SPONSORS

The Senior Center truly appreciates its donors and sponsors. Their generosity allows the Dublin Senior Center to provide free coffee, and to partially underwrite the cost of activities, keeping fees affordable. City staff and patrons thank them. To become a donor or sponsor, please e-mail seniorctr@dublin.ca.gov, or call (925) 556-4511.

PLATINUM SPONSOR

Pat Hughes

Senior Supporter

Everyday Life Skills in English (ELSE)

This beginning intermediate class teaches adults from different cultures the practical and necessary everyday life skills that are needed to function comfortably within the American culture. Class is taught entirely in English, and students practice English conversation with each other and act out real life situations. Please contact the Senior Center to be added to interest list. Schedule and fees to be determined.

Creative Writing: Beginners to Advanced

Learn creative ways to write, edit, and improve your writing. Classmates enjoy reading and listening to works in progress for supportive suggestions.

8 Classes Instructor: Julaina Kleist-Corwin

50 Years+ \$40 Res/\$48 Non-Res

Dublin Senior Center

Mon 6/27-9/12* 10:00 AM-12:15 PM Activity #39644

*no class 7/4, 8/1, 8/15 & 9/5

Lending Library

The Senior Center's library is available to our patrons for free.

How it works:

The library is operated on the honor system; no check-out is required. Borrow a book, DVD, or VHS. When finished, return it to the front desk. Donate items at the front desk for processing. We gladly accept, in good condition only, books published no earlier than the year 2011, and magazines from the past two months. We also accept audio, large type books, and puzzles with 1,000 pieces or less. VHS tapes are no longer accepted.

**Reading Group**

Read the chosen book, then meet with the group to critique it. Call for selected current title.

Peer Leader: Pam Fisher

50 Years+ \$2 Drop-in

Dublin Senior Center

Tue 5/24 10:30-11:30 AM

Tue 6/28 10:30-11:30 AM

Tue 7/26 10:30-11:30 AM

Tue 8/23 10:30-11:30 AM

Tue 9/27 10:30-11:30 AM

CARDS & GAMES**American Mah Jong**

An interesting and challenging game played with tiles, and using a card showing winning hands.

50 Years+ \$2 Drop-in

Dublin Senior Center

Fri, ongoing 12:15-4:00 PM

Chinese Mah Jong Social

Join a table of four with other mah jong lovers. Contact the Senior Center to be added to the interest list.

Peer Leader: Sophia Mok

50 Years+ \$2 Drop-in

Dublin Senior Center

Thu, ongoing 12:00-4:00 PM





Bridge

Join other intermediate/advanced bridge players for a game. Contact the Senior Center to sign up for one of the bridge groups below.

Peer Leaders: Raeia Marshall, Barbara Tocchini, Jenny Underwood

50 Years+ \$2 Drop-in

Dublin Senior Center

Intermediate & Advanced

Mon, Tues & Fri, ongoing 12:00-3:30 PM

Social Play

Wed, ongoing 1:00-3:00 PM

Bridge Lessons for Beginners

Lessons require a table of 4 players. Contact Senior Center to be added to the interest list.

Instructor: Bill Iles

50 Years+ \$2 Drop-in

Dublin Senior Center

Mon, ongoing 1:00-4:00 PM

Bunco

Players take turns rolling three dice, and the person with the most "buncos" (3 of a kind) wins this game of chance.

Peer Leader: Sue Woods

50 Years+ \$2 Drop-in

Dublin Senior Center

Thu, ongoing 1:00-3:00 PM



Bingo

The Center's most popular game is sponsored by the Dublin Senior Center Foundation. Play ten games and one black-out game.

50 Years+ \$1 per card or \$2.50 for 3 cards

Dublin Senior Center

Wed, ongoing 12:45-3:30 PM

Ping Pong

Ping pong is a fun way to exercise and burn calories.

50 Years+ \$2 Drop-in

Dublin Senior Center

Wed, Thu, Sat, ongoing 9:00 AM-12:00 PM

Ping Pong, by Reservation

Reserve a table for an hour. Reservations are taken in person or by phone.

50 Years+ \$2 per person, per hour reservation fee

Dublin Senior Center

Tue, ongoing 6:00-8:00 PM

Dublin Senior Foundation Donor Wall

Remember someone special, or simply make a tax deductible donation to the Senior Center. Four levels of giving are as follows:

Benefactor

\$5,000 12" x 12"

Sponsor

\$2,500 6" x 12"

Donor

\$1,000 2 ½" x 12"

Individual

\$250 2 ½" x 5 ½"

Pick up an application form at the front desk. Return the form to the front desk, with a check made payable to the Dublin Senior Foundation. For more information, please leave a message at the front desk for George Zika, Foundation Board Member.

DUBLIN SENIOR FOUNDATION



The Foundation, a non-profit organization, solicits funds through various fundraisers, to serve the needs of our seniors. The Center's patrons have greatly benefited from these efforts. The public is welcome to attend their meetings at 9:30 AM (new time) on the first Wednesday of every month, at the Dublin Senior Center.

Al Edge
President

Diane Bonetti
Vice President

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Recording Secretary

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Gail Starsiak

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Foundation sponsored

BINGO

Wednesdays, 12:45-3:00 PM

holiday CRAFT BOUTIQUE

sponsored by the Dublin Senior Foundation and the City of Dublin

SAT. NOVEMBER 19
10AM-4PM 2016

DUBLIN SENIOR CENTER

FREE ADMISSION

UNIQUE HOLIDAY HANDMADE ITEMS **OVER 70+ VENDORS**

FOR MORE INFO, CALL (925) 556-4511.

DUBLIN SENIOR CENTER • 7600 AMADOR VALLEY BLVD. DUBLIN, CA



The Dublin Senior Center would like to acknowledge the Dublin Senior Foundation whose generosity in matching the City's funds enabled the purchase and installation of the marquee on Amador Valley Boulevard.

INFORMATION & RESOURCES

Advisory Committee Meeting

The Advisory Committee Meeting is held on the first Thursday of each month, from 9:30 AM to 11:30 AM. The public is welcome to attend. Suggestions may be made at the meetings, or via e-mail to seniorctr@dublin.ca.gov. The agenda is posted by the Monday prior to the meeting, and also online at www.dublin.ca.gov.

Senior Center Advisory Committee

Holly Ito—Chairperson

Jerrie Lore—Vice Chairperson

Marguerite Brizee—Member

Eddie Jo Mack—Member

Ramona Krausnick—Member

Janine Thalblum—Parks & Community Services Representative

Dublin Senior Foundation Meeting

The public is invited to attend Foundation Board meetings held on the first Wednesday of each month, from 9:30 to 10:30 AM. The Foundation raises funds and supports the activities of the Dublin Senior Center.

Experienced Attorney Consultations by Appointment

The law offices of Jonathan Van Ee provides free consultations for people with questions about breach of contract disputes, trust and estate controversies, and related matters. Some questions may have easy answers, while others may require more analysis. To make a private one-on-one appointment, call (925) 556-4511.

50 Years+ Free

Dublin Senior Center

Tue 7/12 10:00-11:30 AM

Tue 8/9 10:00-11:30 AM

Tue 9/13 10:00-11:30 AM

Managing Type 2 Diabetes Course

Find out how to better manage diabetes. This program is sponsored by the Alameda County Public Health Department. Call 510-383-5185 to register.

Instructor: Marisa Castaldini, Diabetes Program Manager

21 Years+ Free

Dublin Senior Center

Thu 7/7-8/18 6:00-8:00 PM

Diabetes Support Group

The Alameda County Public Health Department's Diabetes Support Group is offered to people with diabetes and their families.

21 Years+ Free, drop-in

Dublin Senior Center

Tue 6/7 10:00-11:30 AM

Tue 7/5 10:00-11:30 AM

Tue 8/2 10:00-11:30 AM

Tue 9/6 10:00-11:30 AM

Health Insurance Counseling Advocacy Program (HICAP)

Seniors may receive free counseling regarding Medicare benefits, Medicare supplements, HMOs, nursing homes, and other insurance and health care coverage issues. Appointments are in one-hour increments. Clients must be 65 and older; adult children welcome. Please call a week prior to schedule your appointment.

65 Years+ Free

Dublin Senior Center

Wed 6/22 12:30-3:30 PM

Wed 7/27 12:30-3:30 PM

Wed 8/24 12:30-3:30 PM

Wed 9/28 12:30-3:30 PM

Health Screening and Footcare

Senior Support Health Screening is provided for free on a first-come, first-served basis. Foot care is available by appointment for Alameda County residents. For more information, contact Senior Support, Pleasanton, at (925) 931-5379. Foot care, \$10 donation; health screening, free.

65 Years+

Dublin Senior Center

Mon 6/6 9:00 AM-2:00 PM

Senior Support of the Tri-Valley Agency

Senior Support is an independent non-profit agency that assists seniors (60+) residing in Dublin, Livermore, Pleasanton and Sunol. Senior Support provides services and resources that allow seniors to remain healthy, safe and independent in their homes. Programs include: case management, health services (nutrition, exercise, medication management, foot care), family caregiver support, friendly visiting, alcohol/drug program and counseling, homecare registry, and volunteer transportation to medical appointments.

Co-sponsored by the City of Dublin and other local and county agencies

5353 Sunol Blvd., Pleasanton, CA 94566

Office Hours: Mon-Thu, 9:00 AM-4:30 PM

General Information: (925) 931-5379

Case Management: (925) 931-5381



Hearing Screening and Hearing Aid Cleaning/Repair

Hearing aid cleaning services are performed on site while you wait. Many repairs can also be completed on-site, however some repairs will have to be taken to a lab. Call to make an appointment.

Sponsor: Connect Hearing, Inc.



50 Years+ Free

Dublin Senior Center

Wed 6/8 10:00-11:30 AM

Wed 7/13 10:00-11:30 AM

Wed 8/10 10:00-11:30 AM

Wed 9/14 10:00-11:30 AM

2-1-1 Information Line

2-1-1 Alameda County phone line is a free, confidential and multilingual resource line. Trained resource specialists are available 24/7 to assess callers' needs and provides comprehensive and up-to-date information on affordable housing, emergency shelter space, utility payment assistance, Medi-Cal information, food programs, support groups, etc.

AARP Registration

Make check or money order payable to AARP, and drop off/mail to the Dublin Senior Center, 7600 Amador Valley Blvd., Dublin, CA 94568.

\$15 AARP Members (write membership #on check)

\$20 Non-Members

AARP Safety Driving: 8-Hour Class

Drivers age 50 and over will find this class helpful. Develop functional abilities and reflexes for safe driving. Class completion may entitle participants to a discount from an auto insurance provider. Attendance in both class sessions is needed to qualify.

2 Classes Instructor: Mike Harris

Mon 6/13-6/20 9:00 AM-1:00 PM

Mon 9/19-9/26 8:30 AM-12:30 PM

AARP Safety Driving: 4-Hour Refresher Class

Requirement: Students who have taken the 8-hour course within the past 3 years are qualified to take the refresher course.

1 Class Instructor: Mike Harris

Mon 12/12 8:30 AM-12:30 PM



Saturday Programs

Start your weekend with fun activities. The Senior Center is open on **Saturdays from 8:30 AM until 12:00 PM** for the following programs:

Jazzercise

8:30-9:30 AM

Acrylic Art

9:00 AM-12:00 PM

Ping Pong

9:00 AM-12:00 PM

Tai Chi Chuan

9:45-10:45 AM



DUBLIN SENIOR CENTER VOLUNTEERS

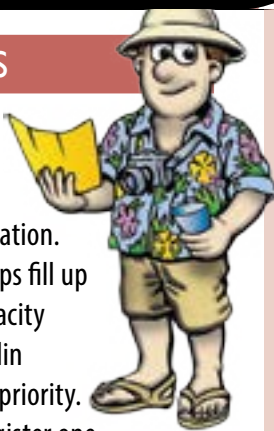
The Senior Center's volunteers serve in many ways – join the ranks of our dedicated volunteers! There are many useful ways to volunteer at the Center and training for all positions. Plus it is a great feeling knowing that Staff and patrons are grateful for your help.

If you have expertise in a specific area and would like to teach a class here, the Center is always interested. Pick up a volunteer application or class proposal form at the reception desk, or download forms at www.DublinSeniorCenter.com. Volunteers are recognized every spring.



VAN TRIPS

Sit back and relax while being driven to an interesting location. Register early! Trips fill up fast, and van capacity is 14 people. Dublin residents receive priority. Non-residents register one week later. Trip fees include professional driver, tolls, parking and admission, but not lunch, unless specifically noted. Trip Flyers are available on the bulletin board in the Center's east hallway. Call for fees and availability.



Van Trip Registration and Refund Policy

- Full payment is due at time of registration: check payable to "City of Dublin" (by mail, or in person), cash (in person), or credit card (in person, or online at www.DublinRecGuide.com).
- Full trip refunds will be issued only when the Senior Center cancels a trip.
- If you withdraw from a trip by the registration deadline, you will receive a refund, minus the cost of any ticketed admission.
- If you would like a refund issued, please contact the Senior Center. Refunds take up to 30 days and are subject to a \$5 processing fee.
- Withdrawal after the registration deadline may result in forfeiture of the trip fee unless the space can be sold to a person on the waiting list.

TRIP	DATE & TIME	COST	REG. BY	ACT. #
Korbel Champagne	Saturday, July 9, 8:15 AM-5:30 PM	\$39 Res/\$47 Non-Res	5/27	45844
Old Monterey Walking Tour & Fisherman's Wharf	Saturday, July 16, 8:45 AM-5:30 PM	\$39 Res/\$47 Non-Res; plus \$5 tour fee	5/27	45845
Discover San Jose	Friday, August 5, 9:15 AM-5:00 PM	\$39 Res/\$47 Non-Res	6/24	45846
Explore Los Gatos	Saturday, August 13, 9:15 AM-4:45 PM	\$39 Res/\$47 Non-Res	6/24	45847
Apple Hill	Saturday, September 17, 8:00 AM-5:00 PM	\$39 Res/\$47 Non-Res	7/29	45848
Fiddle Festival at Columbia	Saturday, September 24, 9:00 AM-6:30 PM	\$39 Res/\$47 Non-Res	7/29	46026
Sausalito	Friday, October 7, 9:30 AM-5:30 PM	\$39 Res/\$47 Non-Res	8/1	46029
17-Mile Drive, Pebble Beach	Saturday, October 15, 9:00 AM-5:30 PM	\$39 Res/\$47 Non-Res; plus \$4 tour fee	8/1	46030
Turf Club at Golden Gate Fields	Saturday, October 29, 9:00 AM-5:30 PM	\$70 Res/\$84 Non-Res	8/1	46031



WEEKLY SCHEDULE

DAY	TIME		CLASS
Mondays	10:00 AM–12:15 PM	\$ *	Creative Writing with Julaina Kleist-Corwin
	10:00–10:45 AM	\$ *	Balance, Agility and Strength
	10:00–11:00 AM	\$ *	Seniorobics
	12:00–3:30 PM	¢ *	Bridge – Advanced Play
	1:00–2:45 PM	\$ ♀	Intermediate Line Dancing
	3:00–3:45 PM	\$ *	Chair Pilates
Tuesdays	8:45 AM–12:00 PM	¢ *	Tri-Valley Trail Trekkers
	10:00–11:00 AM	\$ ♀	Beginning/Intermediate Line Dance
	10:00 AM–12:00 PM	¢ ♀	Needle Arts Group
	10:30–11:30 AM	\$ *	Gentle Yoga II
	10:30–11:30 AM	¢ ♀	A Reading Group (every 4th Tuesday)
	12:00–3:30 PM	¢ *	Intermediate Bridge
	1:00–2:00 PM	\$ *	Tai Chi Chuan
	1:00–4:00 PM	¢ ♀	Melody Minstrels Jam Session
	2:15–3:45 PM	\$ *	Ballroom Dance
	4:00–4:45 PM	\$ *	Chair Aerobics
Wednesdays	9:00 AM–12:00 PM	¢ ♀	Ping Pong – Open Play
	10:00–10:45 AM	\$ *	Balance, Agility and Strength
	10:00 AM–1:00 PM	\$ *	PC/MAC Computer 1-on-1 (30-minute sessions)
	12:30–3:30 PM	¢ ♀	Art Studio for All Media
	12:45–3:30 PM	\$ ♀	Bingo
	1:00–3:30 PM	\$ ♀	Blankets for Vets
	5:30–6:30 PM	\$ *	Gentle Yoga
Thursdays	9:00 AM	♥ ♀	Path Wanderers Walking Group (call for schedule)
	9:00–10:00 AM	¢ ♀	Tai Chi Chuan Practice Group
	9:00 AM–12:00 PM	¢ ♀	Ping Pong – Open Play
	10:15–11:15 AM	¢ ♀	Line Dancing for Beginners
	10:00–11:00 AM	¢ ♀	Sing-Along
	11:45 AM–12:45 PM	\$ *	American Sign Language: Beginner
	12:00–4:00 PM	¢ *	Chinese Mah Jong
	12:30–1:30 PM	\$ ♀	Healing Yoga – Drop-in
	1:00–3:00 PM	\$ *	American Sign Language: Intermediate
	1:00–3:00 PM	¢ ♀	Bunco
	2:00–4:00 PM	\$ ♀	Intermediate Line Dance (Social on 1st Thursday)
	7:25–8:25 PM	\$ *	Beginning/Intermediate Ballroom Dance
Fridays	9:30 AM–12:00 PM	¢ ♀	Watercolor – Summer Drop-in
	10:00–11:00 AM	¢ ♀	Line Dance Social
	12:15–4:00 PM	¢ ♀	American Mah Jong
	12:00–3:30 PM	¢ *	Intermediate Bridge
	1:00–2:00 PM	\$ *	Tai Chi Chuan (1st, 2nd & 3rd Fridays)
	3:00–4:00 PM	\$ *	Yoga with Meditation
Saturdays	8:30 AM–12:00 PM	¢ ♀	Ping Pong – Open Play AM only
	9:00 AM–12:00 PM	\$ *	Acrylics Art
	9:45–10:45 AM	\$ *	Tai Chi Chuan

Activity Key



Walk-ins welcome
(otherwise please
register in advance,
in person or online)



Activity fee \$2



Costs vary



No charge



Registration for Senior
Center classes required
by calling (925) 556-4511

SHAMROCK
Cafe

MONDAY – FRIDAY
11:30 AM – 12:15 PM



REGISTRATION FORM

HOW AND WHEN TO REGISTER

Senior Center Programs

Registration for Senior Programs is on-going

Online at www.DublinRecGuide.com • **In Person** • **Mail-in**
Dublin Senior Center, 7600 Amador Valley Blvd., Dublin, CA 94568

A new registration form must be completed for all registrations made in person or by mail.

- For mail-in registrations, confirmations will be sent to the email address on the registration form.
- If you do not already have an online account with us, please call (925) 556-4500 to set up a free account, or set up an account at www.DublinRecGuide.com.

Activity Withdrawals and Refunds

Withdrawals can be done online at www.DublinRecGuide.com, over the phone, or by emailing parksandcommunityservices@dublin.ca.gov:

- If the withdrawal is requested up to four (4) business days prior to the activity start date, the full registration fee will be refunded. Refunds are issued in the same manner as the original form of payment. Please call (925) 556-4500, or email parksandcommunityservices@dublin.ca.gov. Refunds may take up to 30 days, and are subject to a \$5 processing fee.
- If the withdrawal is requested less than four (4) business days before the activity start date, the activity fee will be forfeited and no refund will be issued.

No Phone or Faxed Registrations Accepted

- Full payment is due at the time of registration. Checks are payable to the "CITY OF DUBLIN." MasterCard, Visa, Discover and American Express credit cards are accepted.
- Only check payments can be submitted with mail-in registrations. Credit Card payments must be made in person or online at www.DublinRecGuide.com.

MAIN CONTACT INFORMATION

Last Name: _____ **First Name:** _____

Address: _____ **City:** _____ **State:** _____ **Zip:** _____

Home/Evening Ph: () _____ **-** _____ **Work/Daytime Ph: ()** _____ **-** _____

Email Address: _____

Emergency Contact/Relationship _____ **Ph: ()** _____ **-** _____

☐ **Special Needs:** If you have special needs related to this program or activity, please check this box.

PARTICIPANT'S NAME	BIRTHDATE	M/F	ACTIVITY TITLE	ACTIVITY #	2 ND CHOICE	FEE

The City of Dublin Youth Fee Assistance Program provides eligible Dublin youth financial assistance to participate in City-sponsored recreation programs. The program will allow children to have quality recreational experiences that may not be possible without financial assistance. Would you like to make a donation of \$1 to the Youth Fee Assistance Program? ☐ Yes, \$1.00—Thank you for your support! ☐ No thanks.

Total fees due:	
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I understand that photographs may be taken of me or my child during the course of said activity, and that these photographs may be used in the City of Dublin's publications.

PLEASE CAREFULLY READ THE FOLLOWING PARAGRAPH. AMONG OTHER THINGS, IT LIMITS YOUR RIGHT TO SUE SHOULD YOU OR YOUR CHILD BE INJURED WHILE PARTICIPATING IN A CITY PROGRAM.

Waiver and Release: I specifically acknowledge that City recreation programs may include physical activity that can result in injury to participants, and I agree that should I engage in such activity that I do so voluntarily and at my own risk. THE UNDERSIGNED, in consideration of participation in this recreation program and the use of the City of Dublin's facilities, premises, equipment and transportation services, hereby agrees to RELEASE, WAIVE, DISCHARGE, AND COVENANT NOT TO SUE THE CITY OF DUBLIN, its officers, employees, and agents (collectively, "the City") for any loss or damage, and any claim or demands therefore on account of injury to the person or resulting in the death of the undersigned, whether caused by the negligence of the City or otherwise, while the undersigned is in, upon, or about the premises or any facilities or equipment therein or, arising out of, or in the course of any transportation provided by the City. In addition, the undersigned hereby agrees to indemnify and save and hold harmless, and defend at its own expense, the City from any loss, liability, damage or cost, including reasonable attorney's fee, the City may incur due to the presence of the undersigned, in, upon, or about the City premises or in any using any facilities or equipment of the City whether caused by the negligence of the City or otherwise. If this agreement is signed on behalf of a minor by a parent or guardian, the phrases "I" and "the undersigned" in the previous paragraph refer to the child and not to the parent or guardian signing on the child's behalf. In the case of an injury to my minor child, I authorize the City staff to administer minor first aid. In the event that I cannot be contacted and it is necessary to administer further medical treatment, I will take full responsibility for any medical expenses. I HAVE READ AND VOLUNTARILY SIGN THIS RELEASE AND WAIVER OF LIABILITY AND INDEMNITY AGREEMENT. I HAVE READ THIS RELEASE.

FOR OFFICE USE ONLY

Date Entered: _____ **Receipt No:** _____

☐ Cash ☐ Credit Card ☐ Check No: _____

Initial: _____

Signature

Date

☐ Participant ☐ Parent ☐ Legal Guardian

SAVE THE DATE

SENIOR INFO FAIR



**SATURDAY
OCTOBER 8
10AM-2PM**

DUBLIN SENIOR CENTER • 7600 AMADOR VALLEY BOULEVARD



INFORMATION & RESOURCES FOR SENIORS

A variety of agencies and organizations will be on hand to provide valuable information, referrals and health services for adults 50 and older, their families, caregivers and friends. Enjoy refreshments and prize drawings.

YEAR OF THE FARM 2016

Farm-to-Table: Dublin's Farmers

April 13-July 31, 2016

Murray Schoolhouse Little Classroom

Tues., 6-9 PM

Wed., Thu., Sat. & Sun., 1-4 PM

Free admission


Until the early 1960s, Dublin was primarily an agricultural community.

Learn how small farms worked

together to get crops to market.



Heritage Park & Museums

6600 Donlon Way, Dublin  dublin.ca.gov/exhibits

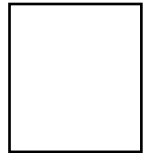
RENTALS

Consider renting one of the City's beautiful facilities, like the Dublin Senior Center, for a special party or celebration of life. Rooms may be rented by private and community groups during non-Senior Center business hours. Typically, Friday evenings, Saturday and Sunday afternoons and evenings are set aside for rentals. For availability, fees, and information, call (925) 556-4500.





Dublin Senior Center
7600 Amador Valley Blvd.
Dublin, CA 94568



This newsletter has been paid for by the recipient



Current Resident or

PICNIC FLIX

Friday, June 24
MINIONS
(PG)
Emerald Glen Park

Friday, July 22
THE GOONIES
(PG)
Emerald Glen Park

Friday, August 19
FROZEN
SING-ALONG (PG)
Emerald Glen Park

Food, beverages, and snacks available
for purchase beginning at 7 PM
Movies begin at dusk (approx. 8:30-9 PM)
Bring blankets and low beach chairs, NO PETS PLEASE
Call (925) 556-4500 for more information